Health Walk Groups in Worcestershire
To find out more go to www.walkingforhealth.org.uk

Groups in Worcester

Citycare Walkers
St Paul's Church, Worcester
Friday 10am
Dot Burnett
01905 22022
d.burnett@stpaulschurch.co.uk

Connect Walkers Worcester
The Guildhall, Worcester Monday
fortnightly at 1.00pm
Helen Tye 07919692086 and Office 01905 21210

Lower Wick Walkers Worcester
Age UK H&W
Malvern Gate, Bromwich Road
Monday 10.30am
Email: healthwalks@worcestershire.gov.uk

Lyppard Hub Walking Group
Lyppard Hub, Ankerage Green
Monday 10.00am
01905 616841
info@lyppardhub.co.uk

Newtown Green Walkers
Ronkswood Community Hub.
Monday 10am.
Lisa Craven 07493408034

St Peter’s Walkers Worcester
St Peter’s Baptist Church
Friday 10.30am short & longer walks
Christine Shaw
01905 358640
seashells84@sky.com

The HIVE Walkers Worcester
The Hive Library entrance
Wednesday 10:30am
Lindy Tandy 07948580335

Walk and Talk Walking Group
Oasis Academy Community Hub.
Warndon.
Tuesdays 9.15am - Term Time Only Fay
Osborne 01905 453530

Woodgree Walkers Worcester
Woodgreen Evangelical Church Friday
10:00am
Church on 01905 754548
Jo_lye@ntm.org

Worcester City Park Warden
Healthy Walks
The Commandery,Sidbury
Tues 10.30am
Warndon Community Centre
Thur 10.30am
Pump House, Gheluvelt Park
Fri 10.30am – Longer riverside walk,
healthwalks@worcestershire.gov.uk
Groups in Wychavon

**Breathehappy**
Rotary House, Corbett Avenue, Droitwich -
Thurs 1pm up to 30-minute walks
Thurs 3pm Park walk 30-minute walks
Liz Jauncey 0780 5909201
breatheliz@hotmail.com

**Evesham Library Walkers**
Evesham Library reading area
Thur 10:30am short & long walks
Rosemary Restall 01386 47360

**Ombersley Walking for Health.**
Lych Gate, St Andrew's Church.
Wednesday 10am from 17th July
Peter Reynolds - 07855 441804

**Parsons Walkie Talkies**
Parsons Gardens, Broadway
Friday 10am
Kim Dillon - 07483044559

**Pershore Vale Walkers**
Pershore Leisure Centre
Friday 10.30am
Val Wood 01386 554235

**Spa Walkers Droitwich**
Leisure Centre Wed
10.30am short & long walks
Sue Mynette 01905 778813
Spawalkers@hotmail.co.uk

**The Vale Walkers Broadway**
The Court, Back Lane
Tue 10am 30mins & 60mins walks 1st Sun
monthly 10am longer walk
healthwalks@worcestershire.gov.uk

Groups in Malvern Hills

**Westlands Walkers**
WANDS, Farmers Way, Droitwich
Wednesday 9.15am
Liz Jauncey 0780 5909201
breatheliz@hotmail.com

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breatheliz@hotmail.com

**Groups in Malvern Hills**

**Cob House Country Park**
Worcester Road, Wichenford
Last Monday every month 10.30am Rachel Vann - getactive@malvernhills.gov.uk

**Croome Park**
National Trust Property, High Green
Monday monthly walks at 10.30am
Short & long walks available
healthwalks@worcestershire.gov.uk

**Malvern Sole Mates**
Prospect View Health Centre
& various locations. See programme Wed 2pm & Fri 10am longer walk Jenny Brown 01684 578935
Jill Dallimore 01684 563753
jenn_brown@btinternet.com

**Tenbury Health Walk**
Pump Rooms 10am
3rd Thur monthly short & long walks
Ann Benbow 01584 810890

**Upton Walkers**
Upton Surgery
Tuesday 2.15pm short & long walks Hilary Stephens 01684 592175
hilarystephens@hotmail.co.uk
Health Walk Groups in Worcestershire
To find out more go to www.walkingforhealth.org.uk

Groups in Bromsgrove

BHI Parkside Walk
Stourbridge Road, Bromsgrove
With guidance on using Trim Trail equipment correctly. Tuesday 11am. Hayley Gwilliam 01527 881404. Starts Tuesday 14.01.20

Bromsgrove Walks for Health
Sanders Park Kiosk
Mon 10am short & longer walks Fri 10am longer walk
Judith Rowe 01527 871571

Hagley Library Healthy Walking Group
1st and 3rd Wednesday every month 10.30am
Hagley Library 01905 822722

Rubery Library Walking Group
Rubery Library seating area
Thursday 10.00am
Maddy Bennett 0121 453 2445

Starlight Walkers
Starlight Café Charford
Monday 1pm.
Tel: 01527 833886

Wythall Wanderers
Wythall Park Car Park
Wednesday 2.00pm
Robert Lawley 01564 822909

Groups in Redditch

Abbey Track Walks
Abbey Stadium, Birmingham Rd, Redditch
For flat, easy, Free walking
Wednesday 11am
Hayley Gwilliam 01527 881404

Arrow Valley Health Walks Redditch
Arrow Valley Countryside Centre Mon - short Health Walk 11am Thu - more challenging walk 11am Val Wilson 01527 534030

Redditch Library Health Walks
Redditch Library
Alternate Fridays from 4th January 11am
Tel: 01905 822722
relib@worcerstershire.gov.uk

Groups in Wyre Forest

Best Foot Forward
Bewdley Riverside Tue 1pm
Dog Lane Car Park
Stourport Riverside Wed 2pm
Lidl Car Park
Springfield Park, Kidderminster
Sat 10am
Lock Inn Wolverley,
Thursday Winter times
2:30pm Summer times 6pm
Janet 0775 2261 533
Alan or Cath 07918130637
www.bff-wyreforest.co.uk

Kidderminster Stride & Stroll
Various locations see programme
Thur 11am & Sat 10.30am
Anne Little FREE on 07871 599863
www.strideandstroll.org.uk

Stanmore House
Strollers Linden Avenue,
Kidderminster Tuesday
11.15am
Flis Parsons 07540 245706
Flis.parsons@gmail.com

Stourport Strollers
Stourport Library
Fri 5th July & Fri 9th August. 10am. More regular walks from September
STLib@worcestershire.gov.uk Library Hub.
01905 822722

Wyre Forest Health Walks
Wyre Forest Discovery Centre Café Tue & Sun 11am short & long walks
wyre@forestryengland.uk
Progression Walks or Long Walks are longer and more difficult than other health walks.

Some of the groups on the list go on long walks.

Long walks are not health walks. They are not good for people who are just starting to walk for exercise. They are not for people who find walking difficult or use a wheelchair.

They are usually more than 3 and a half miles long. They usually use harder routes which may include steep hills or going over stiles.

If you want to go on a long walk you will need to wear strong shoes or boots that are suitable for rough ground. You will need to wear clothing that you can move about in and that will protect you from the weather.

If you want to find out more about long walks, please call your local group leader on the phone numbers in the list.
Walk Leader Training

Do you like walking?
Do you like meeting new people?
Do you have a few hours a week to spare?
Why not help to run a Health Walk in Worcestershire?

If you volunteer to run a Health Walk you will have a free training session.
The training lasts for one day.
You will find out about

• The Walking the Way to Health scheme
• Why doing exercise is good for your health
• How to set up a health walk
• How to help people to start walking for exercise and to keep going once they have started
• What makes a good walk leader

You will get a training book and a certificate to say you have been on the training.

If you want more information, please contact Lynn Yendell - Health Walks Officer on 01905 766155. Lynn is in the office on Mondays, Tuesday or Wednesday or email: healthwalks@worcestershire.gov.uk

Join us for a walk in Worcestershire…